

(1) Take a few minutes and let each person describe their own spiritual journey in terms of the six “D” words. Have you ever experienced any of these moments or extended seasons of anguish? Describe them. How did God bring you through and out of the experience?

(2) If you had personally known Heman, how would you have counseled him? What advice would you have given him to help him out of his troubles? Or would you have kept silent and simply prayed for him? Have you ever known someone like Heman? If so, describe their experience and your role in their life.

(3) Heman made every effort to overcome his spiritual darkness, primarily by reaffirming his relationship with God and by relentlessly praying. How might these steps help someone who is walking through a similar experience?

(4) What does it mean to “preach to your own soul”? Look closely at Psalm 42:5,11. What are other ways you can preach to your soul? What precisely should you say to yourself?

(5) How does “remembrance” serve to help your soul emerge from spiritual darkness and depression? Read through Psalm 42 to find the answer.

(6) Read aloud Philippians 4:6-7. Pray this over and on behalf of anyone in your group who is experiencing the six “D” words.